



Korean mac and cheese

with crispy spring onion topping



Mac and cheese with a little Asian twist. Creamy cashew sauce with a hint of gochujang - a Korean red pepper paste - is mixed with silky sweet potato, to form a delicious, moreish mac and cheese.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium/large deep baking dish, large pot, medium pot, small frying pan



Pantry items needed: olive oil, salt



Hands-on: 30 minutes
Ready in: 45 minutes



Serves: 2 or 4

HIGH PROTEIN | Adventurous, Great for leftovers, Spicy (mild)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Olive oil for dish*	as needed	as needed
Sweet potato	400g	800g
Garlic	4g	8g
Spring onion	30g	60g
Elbow pasta	1 packet	1 packet
Gochujang cashew sauce	1 tub	1 tub
Water*	1 cup	2 cups
Olive oil for panko*	1 tbsp	2 tbsp
Panko breadcrumbs	1 packet	1 packet
Salt*	¼ tsp	½ tsp

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, cashew.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Preheat oven to 190°C and lightly grease a medium/large deep baking dish with **olive oil for dish***. Peel and chop **sweet potato** into 1cm cubes. Mince **garlic**. Finely slice **spring onion**.

2. Cook pasta

Fill a large pot $\frac{3}{4}$ -full with water and bring to a boil. When boiling, add **elbow pasta** and cook for **11 minutes**. Drain and add back to pot.

3. Make sauce

Place **sweet potato** into a medium pot and add water to cover. Bring to a boil, reduce to a simmer and cook, covered, until a knife can easily pierce the **sweet potato**, about **11 minutes**. Drain and mash. Add **gochujang cashew sauce** and **water*** to the pot and stir to combine. Add **sauce** to **elbow pasta** and fold until **pasta** is coated. Pour into prepared baking dish.

4. Make topping

In a small frying pan over medium-high heat, add **olive oil for panko***. When hot, add **spring onion** and **garlic** and fry, stirring constantly, for **2 minutes**. Add **breadcrumbs** and **salt*** and stir to coat. Cook, stirring until golden brown, about **4 minutes**.

5. Bake mac and cheese

Sprinkle **topping** over **mac and cheese**. Bake until golden, about **15-20 minutes**. Allow to stand for **5 minutes** before serving.

5. Serve

Serve **Korean mac and cheese** onto plates.

Eat your way
to healthy!



Cashews are a good source of fibre, unsaturated fats, protein, copper, magnesium, manganese, phosphorus, zinc and vitamin B1, B6, and K.

Cashews have been linked to benefits such as reduced cholesterol, improved blood sugar control, heart disease and stroke prevention, stronger bones, enhanced immunity and weight management.

Nutritional information*

	Per 565g serve	Per 100g
Energy	5818kJ (1392Cal)	1030kJ (246Cal)
Protein	31.1g	5.5g
Fat, total	64.4g	11.4g
- Saturated	10.1g	1.8g
Carbohydrate	165g	29.2g
- Sugars	13.9g	2.5g
Sodium	1177mg	208mg

* Nutritional information is based on averages